



SUMMER 2016

GOOD TIMES

RECREATION, PARKS & OPEN
SPACE COURSE GUIDE

GET OUT AND PLAY!

ONLINE REGISTRATION IS
QUICK AND EASY!
SEE PAGE 19 FOR DETAILS.

THE CITY OF
NORFOLK
RECREATION, PARKS & OPEN SPACE



FROM THE RPOS DIRECTOR

*"On the beach you'll find them there
In the sun and salty air."*

Beach Boys, 1964

The days are getting longer and the waves are getting warmer. It won't be long until Norfolk's beaches are teeming with people, young and old, swimming in the surf and digging in the sand. Our experienced and well-trained lifeguards will be on hand to make sure everyone gets to enjoy our beaches safely.

For when you'd like to cool off closer to home, our pools and splash pads are spread throughout Norfolk with supervised hours so you and the kids can splash safely.

Playtime isn't just for kids, and RPOS offers so many options this summer, with a Seniors' BBQ in the Park, a new art exhibit at the Paul Street Gallery, and, new to RPOS, a Public Fishing Day at the Ocean View Pier!

So put on your sunglasses, remember the sunblock, and get out and play!

Sincerely,



Darrell R. Crittendon, Director
Recreation, Parks & Open Space



ALL ACCESS PASS TO FUN

It's never been easier to get out and play in Norfolk! With pricing that can't be beat, your RPOS Facility Use ID Card entitles you to access at the city's 18 recreation centers and five pools. Cards valid for one year. Visit Norfolk.gov/play for details.

Youth	Ages 5-17	\$10
Adults	Ages 18-64	\$20
Seniors	Ages 65+	Free
Non-residents	All Ages	\$50
Daily Guest Pass		\$2

Family Discount Plans

One parent + one child	\$25
One parent + up to three children	\$30
Two parents + one child	\$40
Family of four or more	\$50

SPOTLIGHT: OCEAN VIEW BEACHES



During your visit you'll notice some changes along our beaches and within its facilities. New paint, trash cans, bike racks, signage, and pet waste stations are all due to appear over the summer to refresh and enhance your beach experience.

To keep you safe in the sand and surf, our Aquatics staff offers the following guidelines:

- To avoid injury, stay away from piers, pilings, and jetties.
- Keep and eye on your children at all times.
- Swim near a lifeguard; obey posted rules and warnings.
- Always swim with a buddy, never swim alone.
- Follow the directions of lifeguards and police officers.
- Clear the beach and water immediately at the first sound of thunder or flash lightning.



FACILITIES INFORMATION

Registration begins 02/29

RECREATION CENTERS

Bayview Recreation Center *	441-1626	8613 Willow Terrace, 23503	
Berkley Community Center **	441-1912	121 W. Liberty St., 23523	
Campostella Recreation Center **	441-1974	1130 Leake St., 23523	
Captain's Quarters Recreation Center	441-1715	800 Little Bay Ave., 23503	(Closed Fall-Spring)
Crossroads Community Center *	965-9430	8019 Old Ocean View Rd., 23505	
E. Ocean View Community Center **	441-1785	9520 E. 20th Bay St., 23518	
Fairlawn Recreation Center *	441-5670	1014 Kempsville Rd., 23502	
Grandy Village Recreation Center **	441-2117	3016 Kimball Terrace, 23504	
Huntersville Community Center **	664-7430	830 Goff St., 23504	
Ingleside Recreation Center **	441-5621	940 Ingleside Rd., 23502	
Lambert's Point Community Center ***	423-1088	1251 W. 42nd St., 23508	
Merrimack Landing Recreation Center **	441-1783	8809 Monitor Way, 23503	
Norview Community Center ***	441-1440	6380 Sewells Point Rd., 23513	
Park Place Community Center **	664-7531	606 W. 29th St., 23508	
Sherwood Forest Community Center *	441-5824	4537 Little John Dr., 23513	
Tarrallton Community Center*	441-1765	2100 Tarrallton Drive, 23518	
Titustown Recreation Center **	441-1259	7545 Diven St., 23505	
Young Terrace Community Center *	441-2692	804 Whitaker Ln., 23510	

RECREATION CENTER HOURS

*	Tu-Th: 6:30-9:30a, 3:00-8:00p; Mon/Fri: 6:30-9:30a, 3:00-8:00p; Sat: 11:00am-4:00p
**	Tu-Th: 2:30-8:00p; Mon/Fri: 2:30-6:00p; Sat: 11:00a-4:00p
***	Mon-Fri: 10:00a-8:30p; Sat: 11:00a-4:00p
****	M: 9a-12:00p; 3-4:00p; T: 9-10:00a, 2:30-5:00p; W: 9-a 12p, 2:30-4:00p; Th: closed; F: 11-12p, 3-5:00p
*****	M: 9a-1:00p, Tu-Fri: 9a-6:00p

POOLS

Berkley Outdoor Seasonal Pool	441-1969	89 Liberty St., 23523
Chesterfield Outdoor Seasonal Pool	441-5410	2915 Westminster Ave., 23504
Huntersville Indoor Pool	664-7431	830 Goff St., 23504
Norfolk Fitness & Wellness Center (NFWC)	823-4306	7300 Newport Ave., 23505
Northside Indoor Pool	441-1760	8401 Tidewater Dr., 23518
Southside Aquatics Center Indoor Pool	333-3281	1750 Campostella Rd., 23523

OTHER FACILITIES

Campostella Computer Resource Center	543-0876	1714 Mt. Vernon Ave., 23523
Diggs Town Computer Resource Center	227-9915	1401 Melon St., 23523
Ingleside Community Gym **	226-7102	960 Ingleside Rd., 23502
Lakewood Athletic Office	441-5834/5	1612 Willow Wood Dr., 23509
Lakewood Dance & Music	441-5833	1612 Willow Wood Dr., 23509
Norfolk Fitness & Wellness Center (NFWC)	823-4301	7300 Newport Ave., 23505
Northside Skate Plaza		8401 Tidewater Dr., 23518
Oakleaf Computer Resource Center *****	227-9915	1704 Greenleaf Dr., 23523
Ocean View Senior Center	441-1767	600 E. Ocean View Ave., 23503
Southside Senior Center *****	664-6484	925 S. Main St., 23523
Team Norfolk Boxing	441-2787	2500 Barraud Ave., 23504
Therapeutic Recreation Center *****	441-1764	180 E. Evans St., 23503
Titustown Visual Arts Center	441-1227	7545 Diven St., 23505
Vivian C. Mason Teen Center	747-2679	700 E. Olney Rd., 23504

AQUATICS

Registration begins 05/31

PARENT & CHILD AQUATICS 1

Ages 6mos-3 • To familiarize very young children and caregiver(s) with basic elements of water safety and the learn-to-swim program. Not designed to teach children to be strong swimmers or to survive in the water on their own. Child must be at least 6 months of age and wear a swim diaper if needed. Parent or caregiver must accompany child in the water.

LOCATION: NORTHSIDE POOL

610101-01	Sa	6/25-8/13	12-12:30p	6/10	\$25/\$38
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LOCATION: SOUTHSIDE AQUATIC

610101-41	Sa	6/18-8/6	9-9:30a	6/10	\$25/\$38
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PARENT & CHILD AQUATICS 2

Ages 6mos-3 • Prerequisite: Completion of Parent & Child Aquatics 1.

LOCATION: NORTHSIDE POOL

610102-01	Sa	6/25-8/13	12:30-1p	6/10	\$25/\$38
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LOCATION: SOUTHSIDE AQUATIC

610102-41	Sa	6/18-8/6	9-9:30a	6/10	\$25/\$38
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PRESCHOOL AQUATICS LEVEL 1

Ages 4-5 • No skill prerequisites. To orient preschool-age children to aquatic environments and to help them acquire rudimentary levels of basic aquatic skills. Child must confidently separate from parent and follow instructor's direction. No Class Jul 4, Apr 9, Apr 9, Apr 9.

LOCATION: HUNTERSVILLE POOL

610201-31	Sa	6/25-8/13	9-9:45a	6/10	\$30/\$45
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LOCATION: NFWC POOL

610201-12	Sa	6/18-8/6	9-9:45a	6/11	\$30/\$45
610201-13	Tu,Th	6/28-7/21	4-4:45p	6/21	\$30/\$45
610201-14	M-Th	8/1-8/11	4-4:45p	7/25	\$30/\$45

LOCATION: NORTHSIDE POOL

610201-01	M	6/20-8/15	5-5:45p	6/10	\$30/\$45
610201-02	W,F	6/22-7/15	5-5:45p	6/10	\$30/\$45
610201-03	Sa	6/25-8/13	10-10:45a	6/10	\$30/\$45

LOCATION: SOUTHSIDE AQUATIC

610201-41	Sa	6/18-8/6	9-9:45a	6/10	\$30/\$45
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PRESCHOOL AQUATICS LEVEL 2

Ages 4-5 • Prerequisites: Preschool Aquatics Level I or demonstrated ability to perform exit skills of that level. No Class Apr 9.

LOCATION: HUNTERSVILLE POOL

610202-31	Sa	6/25-8/13	9-9:45a	6/10	\$30/\$45
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LOCATION: NFWC POOL

610202-12	Sa	6/18-8/6	9-9:45a	6/11	\$30/\$45
610202-13	Tu,Th	6/28-7/21	4-4:45p	6/21	\$30/\$45
610202-14	M-Th	8/1-8/11	4-4:45p	7/26	\$30/\$45

LOCATION: NORTHSIDE POOL

610202-01	Sa	6/25-8/13	11-11:45a	6/10	\$30/\$45
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PRESCHOOL AQUATICS LEVEL 3

Ages 4-5 • Prerequisites: Preschool Aquatics Level II or demonstrated ability to perform exit skills of that level. No Class Apr 9.

LOCATION: SOUTHSIDE AQUATIC

610203-41	Sa	6/18-8/6	9-9:45a	6/10	\$30/\$45
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LEVEL 1: INTRODUCTION TO WATER

Ages 6-15 • No skill prerequisites. Child must confidently separate from parent and follow instructor's directions. Develop positive attitudes, good swimming habits and safe practices. No Class Jul 4, Apr 9, Apr 9, Apr 9.

LOCATION: HUNTERSVILLE POOL

610301-31	Tu,Th	6/21-7/14	6-6:45p	6/10	\$30/\$45
610301-33	Sa	6/25-8/13	10-10:45a	6/10	\$30/\$45
610301-32	Tu,Th	7/26-8/18	6-6:45p	6/16	\$30/\$45

LOCATION: NFWC POOL

610301-12	Sa	6/18-8/6	10-10:45a	6/11	\$30/\$45
610301-13	Tu,Th	6/28-7/21	10-10:45a	6/21	\$30/\$45
610301-14	M-Th	8/1-8/11	5-5:45p	7/28	\$30/\$45

LOCATION: NORTHSIDE POOL

610301-01	W,F	6/22-7/15	5-5:45p	6/10	\$30/\$45
610301-02	Sa	6/25-8/13	11-11:45a	6/10	\$30/\$45
610301-03	Sa	6/25-8/13	12-12:45p	6/10	\$30/\$45

LOCATION: SOUTHSIDE AQUATIC

610301-41	Sa	6/18-8/6	10-10:45a	6/10	\$30/\$45
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LEVEL 2: FUNDAMENTAL AQUATIC S

Ages 6-15 • Prerequisite: Valid Level I certificate or demonstrated ability to perform exit skills of that level. Improve fundamental skills, such as floating without support, and to recover to a vertical position. No Class Jul 4.

LOCATION: HUNTERSVILLE POOL

610302-31	Tu,Th	6/21-7/14	6-6:45p	6/10	\$30/\$45
610302-33	Sa	6/25-8/13	10-10:45a	6/10	\$30/\$45
610302-32	Tu,Th	7/26-8/18	6-6:45p	6/16	\$30/\$45

LOCATION: NFWC POOL

610302-12	Sa	6/18-8/6	10-10:45a	6/11	\$30/\$45
610302-13	Tu,Th	6/28-7/21	5-5:45p	6/21	\$30/\$45
610302-14	M-Th	8/1-8/11	5-5:45p	7/27	\$30/\$45

LOCATION: NORTHSIDE POOL

610302-01	M	6/20-8/15	6-6:45p	6/10	\$30/\$45
610302-02	Sa	6/25-8/13	11-11:45a	6/10	\$30/\$45

LOCATION: SOUTHSIDE AQUATIC

610302-41	Sa	6/18-8/6	10-10:45a	6/10	\$30/\$45
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LEVEL 3: STROKE DEVELOPMENT

Ages 6-15 • Prerequisite: Valid Level II certificate or demonstrated ability to perform exit skills of that level. Introduces new swimming and water safety skills and builds on previously learned skills. Includes the front crawl and backstroke, scissors and dolphin kicks, survival float, increased time treading water, and to enter the water headfirst. No Class Jul 4.

LOCATION: HUNTERSVILLE POOL

610303-31	Sa	6/25-8/13	11-11:45a	6/10	\$30/\$45
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LOCATION: NFWC POOL

610303-12	Sa	6/18-8/6	11-11:45a	6/11	\$30/\$45
610303-13	Tu,Th	6/28-7/21	6-6:45p	6/21	\$30/\$45
610303-14	M-Th	8/1-8/11	6-6:45p	7/27	\$30/\$45

LOCATION: NORTHSIDE POOL

610303-01	W,F	6/22-7/15	6-6:45p	6/10	\$30/\$45
610303-02	Sa	6/25-8/13	10-10:45a	6/10	\$30/\$45

LOCATION: SOUTHSIDE AQUATIC

610303-41	Sa	6/18-8/6	10-10:45a	6/10	\$30/\$45
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AQUATICS

Registration begins 05/31

LEVEL 4: STROKE IMPROVEMENT

Ages 6-15 • Valid Level 3 certificate or demonstrated ability to perform same exit skills. Develop level 3 strokes and other aquatic skills. No Class Jul 4.

LOCATION: HUNTERSVILLE POOL

610304-31	Sa	6/25-8/13	11-11:45a	6/10	\$30/\$45
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LOCATION: NFWC POOL

610304-12	Sa	6/18-8/6	11-11:45a	6/11	\$30/\$45
610304-13	Tu,Th	6/28-7/21	6-6:45p	6/21	\$30/\$45
610304-14	M-Th	8/1-8/11	6-6:45p	7/27	\$30/\$45

LOCATION: NORTHSIDE POOL

610304-01	M	6/20-8/15	5-5:45p	6/10	\$30/\$45
610304-02	Sa	6/25-8/13	9-9:45a	6/10	\$30/\$45

LEVEL 5: STROKE REFINEMENT

Ages 6-15 • Level 4 certificate or demonstrated ability of exit skills. No Class Jul 4.

LOCATION: NORTHSIDE POOL

610305-01	M	6/20-8/15	6-6:45p	6/10	\$30/\$45
610305-02	Sa	6/25-8/13	10-10:45a	6/10	\$30/\$45

LEVEL 6: FITNESS SWIMMER

Ages 6-15 • Level 5 certificate or demonstrated ability of exit skills. Refine strokes for ease, efficiency, power and smoothness.

LOCATION: NORTHSIDE POOL

610306-01	Sa	6/25-8/13	9-9:45a	6/10	\$30/\$45
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BEGINNER SWIMMING

Ages 16 & Up • Progress through each level at an individual pace. No Class Jul 4.

LOCATION: HUNTERSVILLE POOL

610307-31	Sa	6/25-8/13	11-11:45a	6/10	\$30/\$45
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LOCATION: NORTHSIDE POOL

610307-01	W	6/22-8/10	6-6:45p	6/10	\$30/\$45
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LOCATION: SOUTHSIDE AQUATIC

610307-41	Sa	6/18-8/6	11-11:45a	6/10	\$30/\$45
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H2LOW IMPACT

All • Exercises that help improve joint flexibility and muscle strength.

LOCATION: NORTHSIDE POOL

610401-01	M,W,F	7/1-7/29	1-1:45p	6/20	\$30/\$45
610401-02	M,W,F	8/1-8/31	1-1:45p	7/21	\$30/\$45
610401-03	M,W,F	9/2-9/30	1-1:45p	8/22	\$30/\$45

SHALLOW WATER FITNESS

Ages 16 & Up • Water shoes recommended. Improve your cardiovascular health, flexibility, muscle tone and endurance. Shoes, gloves, swim caps and other water wear may be worn for those sensitive to water temps 84-86.

LOCATION: NFWC POOL

610402-11	M,W,F	7/1-7/29	8-8:45a	6/20	\$30/\$45
610402-12	M,W,F	8/1-8/31	8-8:45a	7/21	\$30/\$45

LOCATION: NORTHSIDE POOL

610402-01	M,W,F	7/1-7/29	9-9:45a	6/20	\$30/\$45
610402-02	M,W,F	8/1-8/31	9-9:45a	7/21	\$30/\$45
610402-03	M,W,F	9/2-9/30	9-9:45a	8/22	\$30/\$45

DEEP WATER FITNESS

Ages 16 & Up • Prerequisite: Tread water comfortably w/o a flotation device.

Participants wear provided flotation belt for buoyancy. Enjoy a high-energy, non-impact cardiovascular workout in deep water.

LOCATION: NFWC POOL

610403-11	Tu,Th	7/5-7/28	9-9:45a	6/28	\$30/\$45
610403-12	Tu,Th	8/2-8/30	9-9:45a	7/27	\$30/\$45

LOCATION: NORTHSIDE POOL

610403-01	M,W,F	7/1-7/29	6-6:45p	6/20	\$30/\$45
610403-02	M,W,F	8/1-8/31	6-6:45p	7/21	\$30/\$45
610403-03	M,W,F	9/2-9/30	6-6:45p	8/22	\$30/\$45

BEFORE & AFTER CARE

BE COOL BEFORE & AFTER SCHOOL!

Ages 5-12

LOCATIONS:

BAYVIEW RECREATION CENTER
CROSSROADS RECREATION CENTER
FAIRLAWN RECREATION CENTER
SHERWOOD FOREST COMMUNITY CENTER
TARRALLTON COMMUNITY CENTER
YOUNG TERRACE COMMUNITY CENTER

Fall registration dates and fees to be announced later this summer.

Along with homework help, students take part in a variety of fun activities such as active games, fitness programs, outdoor exploration, arts and crafts, and so much more!



COMPUTERS

Registration begins 05/31

BEGINNER COMPUTER COURSE

Ages 55 & Up • Learn about computer parts, basic maintenance, and the Windows 7 operating system. Basic typing skills emphasized.

LOCATION: NORVIEW COM CTR

432010-01	Tu,Th	6/21-8/23	10a-12p	6/10	\$25/\$38
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INTERMEDIATE COMPUTER COURSE

Ages 55 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Experiment with Microsoft 2013 programs. Learn about a computer's operating system, loading and unloading programs and drivers, folder organization and basic home-use troubleshooting. No Class July 4.

LOCATION: NORVIEW COM CTR

432011-01	M,W	6/20-8/24	10a-12p	6/10	\$25/\$38
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INTRO TO COMPUTING

Ages 18 & Up • Learn about computer parts, basic maintenance and the Windows 7 operating system. Basic typing skills emphasized and ethical uses of the internet explained and demonstrated. No Class July 4.

LOCATION: NORVIEW COM CTR

432012-01	M	6/20-8/22	6-8p	6/10	\$45/\$68
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DANCE

BALLET COMPANY

Ages 12 & Up • Prerequisite: Apprentice Ballet Level B or equivalent skills en pointe. Instructor permission required. Exhibit correct placement, strong technical execution of steps and knowledge of ballet vocabulary. Emphasis on musicality and performance quality. Intermediate and advanced pointe work taught. To be in Ballet Company, register 430017 -01 & 430017-02. No Class July 4.

LOCATION: LAKEWOOD DANCE/MUSIC

430017-01	M	6/20-8/22	4-6p	6/10	\$54/\$64
430017-02	W	6/22-8/24	4-5:30p	6/10	\$45/\$68
430017-03	F	6/24-8/26	4-5:30p	6/10	\$45/\$68
430017-04	F	6/24-8/26	5:30-6p	6/10	\$15/\$23

BALLET I

Ages: 7-13 • Barre work, basic ballet skills, attention to posture, stretching.

LOCATION: LAKEWOOD DANCE/MUSIC

430310-01	Sa	6/25-8/27	11:30a-12:30p	6/10	\$32/\$48
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LOCATION: NFWC

430310-02	Tu	6/21-8/23	5:15-6:15p	6/10	\$32/\$48
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LOCATION: LAKEWOOD DANCE/MUSIC

Ages 14-&Up

430310-04	W	6/22-8/24	7-8p	6/10	\$32/\$48
430310-05	Sa	6/25-8/27	9:30-10:30a	6/10	\$32/\$48

BALLET II

Ages: 7-13 • Prerequisite: Ballet I or equivalent skills. Instructor permission required. Emphasizes advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE/MUSIC

430311-01	Th	6/23-8/25	4:30-5:30p	6/10	\$32/\$48
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BALLET III

Ages: 8-13 • Prerequisite: Ballet II or equivalent skills. Instructor permission required. Emphasizes advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE/MUSIC

430312-01	F	6/24-8/26	5:30-6:30p	6/10	\$32/\$48
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BALLET IV

Ages: 9-18 • Prerequisite: Completion of Ballet III or equivalent skills. Instructor permission required. Emphasis on advanced barre work, center work and ballet skills.

MICROSOFT EXCEL 2013

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Learn basic spreadsheet functions in Excel 2013, keyboard shortcuts and how to navigate the menu bars, customize ribbon options, and create formulas to help with your business or home finances.

LOCATION: NORVIEW COM CTR

432013-01	W	6/22-8/24	6-8p	6/10	\$45/\$68
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MICROSOFT POWER PT & PUB

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Create professional slide shows by importing pictures, graphics and video. Create your own publications for print and the web.

LOCATION: LAMBERTS PT. COM CNT

432014-01	Tu	6/21-8/23	6-8p	6/10	\$45/\$68
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MICROSOFT WORD 2013 BASICS

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent. Learn to use Microsoft Word 2013. Navigate Word ribbon menus, keyboard shortcuts, tables and borders. Introduction of flyer templates.

LOCATION: NORVIEW COM CTR

432015-01	Th	6/23-8/25	6-8p	6/10	\$45/\$68
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A second ballet course/week strongly recommended.

LOCATION: LAKEWOOD DANCE/MUSIC

430313-01	F	6/24-8/26	4-5:30p	6/10	\$45/\$68
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Ages 13-&Up

430313-02	W	6/22-8/24	8-9:30p	6/10	\$45/\$68
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LOCATION: NFWC

430313-03	Sa	6/25-8/27	11a-12:30p	6/10	\$45/\$68
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BALLET V

Ages 11-18 • Prerequisite: Completion of Ballet IV or equivalent skills. Instructor permission required. Continue a more serious study of steps and technique with an emphasis on performance. Strengthen technical skill at an intermediate level with an emphasis on proper technique, strength and coordination. A second ballet course/week strongly recommended.

LOCATION: LAKEWOOD DANCE/MUSIC

430314-01	Th	6/23-8/25	6-7:30p	6/10	\$45/\$68
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APP BALLET PRE-POINTE

Ages 9-18 • Prerequisite: Ballet IV or equivalent skills. Must be currently enrolled in any Ballet IV or higher to participate in this course. Instructor permission required. Emphasis on advanced barre work and ballet skills.

LOCATION: NFWC

430315-01	Tu	6/21-8/23	4:15-5:15p	6/10	\$32/\$48
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APP BALLET PTE/PARTNERING

Ages 11 & Up • Prerequisite: Ballet V or equivalent skills. Must be enrolled in two ballet classes/week to participate. Instructor permission required. Enhance classical ballet training thru structured and disciplined intermediate ballet technique course. Increase strength and coordination through beginning pointe work.

LOCATION: LAKEWOOD DANCE/MUSIC

430316-01	F	6/24-8/26	4-5:30p	6/10	\$45/\$68
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BELLY DANCE I

Ages 16 & Up • Explore the ancient art of Middle Eastern Belly Dance. Learn warm-ups, basic moves, isolations, and choreography and self-expression.

LOCATION: NORVIEW COM CTR

430410-02	Th	6/23-8/25	5:30-6:30p	6/10	\$32/\$48
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DANCE

Registration begins 05/31

BELLY DANCE II

Ages 16 & Up • Prerequisite: Belly Dance I at least three sessions with regular attendance. At least one Norfolk Recreation Recital performance in a Belly Dance class preferred. Audition and instructor permission required. Perfect basic technique, combinations, veil work and zils. No Class July 4.

LOCATION: NFWC

430411-01	M	6/20-8/22	6:45-7:45p	6/10	\$29/\$44
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BELLY DANCE III

Ages 16 & Up • Prerequisite: Belly Dance II at least six sessions with regular attendance. At least 2 Norfolk Recreation Recital performance in a Belly Dance II class preferred. Must demonstrate proficiency in basic veil and zil technique. Audition and instructor permission required. Enhance performance skills by participating in impromptu solo exercises during class, performing a solo and choreographing/teaching a dance to the class.

LOCATION: LAKEWOOD DANCE/MUSIC

430412-01	Th	6/23-8/25	8:30-9:30p	6/10	\$32/\$48
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CLOGGING

Ages 14 & Up • Experience a true American folk dance which originated in the Appalachian Mountains. Class will cover basic rhythmic clogging steps, mountain figures and line dances.

LOCATION: LAKEWOOD DANCE/MUSIC

430510-01	Tu	6/21-8/23	7-8p	6/10	\$32/\$48
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MOMMY & ME

Ages 2-4 • Experience creative movements and learn basic rhythms through the use of percussion instruments. Enhance social skills through exciting games and simple art projects. Fee includes parent and one child. Parent participation required. Wear comfortable clothing. No Class July 4.

LOCATION: LAKEWOOD DANCE/MUSIC

430610-01	M	6/20-8/22	11a-12p	6/10	\$58/\$88
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CREATIVE DANCE

Ages 4-6 • Introduces children to self-awareness and self-expression. Students develop coordination, basic motor skills and social skills.

LOCATION: LAKEWOOD DANCE/MUSIC

430710-02	Tu	6/21-8/23	5-6p	6/10	\$32/\$48
430710-03	Th	6/23-8/25	3:30-4:30p	6/10	\$32/\$48
430710-04	Sa	6/25-8/27	10:30-11:30a	6/10	\$32/\$48

CREATIVE DANCE II

Ages: 5-6 • Prerequisite: Five year olds must have completed 3 consecutive sessions of Creative Dance I. New six year olds must have completed a minimum of 1 session of Creative Dance I.

LOCATION: LAKEWOOD DANCE/MUSIC

430711-01	Tu	6/21-8/23	4-5p	6/10	\$32/\$48
430711-02	Sa	6/25-8/27	9:30-10:30a	6/10	\$32/\$48

TAHITIAN CARDIO

Ages 16 & Up • Circle, shimmy, bump, roll and drop your hips to the fast pace of drumming and other twanging and tinkling instruments. June recital is optional. Must be willing to dance in bare feet.

LOCATION: NFWC

430810-01	Sa	6/25-8/27	10a-11p	6/10	\$32/\$48
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HAWAIIAN DANCE I

Ages 16 & Up • Learn to hula and tell the song's story with lovely hands and gentle hip sways in this class designed for women. No Class July 4.

LOCATION: LAKEWOOD DANCE/MUSIC

430910-01	M	6/20-8/22	10-11a	6/10	\$29/\$44
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HIP HOP

Ages 7-13 • Enjoy the energetic and self-expression of hip-hop dance. Designed for those who want to experience a fun and free form of dance.

LOCATION: LAKEWOOD DANCE/MUSIC

431010-02	Th	6/23-8/25	5:30-6:30p	6/10	\$32/\$48
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Ages 14-&Up

431010-03	W	6/22-8/24	8-9p	6/10	\$32/\$48
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IRISH STEP DANCE

Ages 7-14 • Learn the basics of Irish Step dancing. Master the skill of cuts over two-threes and clicks. Transform them into the ballet-like soft shoe or clogging /tap-dancing like hard-shoe jigs and reels.

LOCATION: LAKEWOOD DANCE/MUSIC

431110-01	W	6/22-8/24	4-5p	6/10	\$32/\$48
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IRISH STEP DANCE II

Ages 7-14 • Continuance in the basics of Irish Step dance. Master the skill of cuts over two-three and clicks. Transform them into the ballet-like soft shoe or clogging/tap-dancing like hard shoe jigs and reels.

LOCATION: LAKEWOOD DANCE/MUSIC

431111-01	W	6/22-8/24	4:30-5:30p	6/10	\$32/\$48
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JAZZ DANCE I

Ages 7-15 • Have fun learning the free and energetic techniques of jazz dance. This form is seen in movies, on musical theater stage and television. Class will include various styles, basic patterns and technique of jazz dance.

LOCATION: LAKEWOOD DANCE/MUSIC

431210-01	Th	6/23-8/25	4-5p	6/10	\$32/\$48
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Ages 16-&Up

431210-02	Th	6/23-8/25	7:30-8:30p	6/10	\$32/\$48
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JAZZ DANCE II

Ages 9-16 • Prerequisite: Completion of a minimum of three sessions of Jazz I or equivalent. Expand on styles, terminology and techniques of jazz dance. An emphasis on performance. Instructor permission required.

LOCATION: LAKEWOOD DANCE/MUSIC

431211-01	Th	6/22-8/24	5-6p	6/10	\$32/\$48
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Ages-16& Up

431211-02	W	6/22-8/24	6-7p	6/10	\$32/\$48
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JAZZ DANCE III

Ages: 12-17 • Prerequisite: Completion of Jazz I & II or equivalent skills. Instructor permission required. Continue your jazz training with an emphasis on performing.

LOCATION: LAKEWOOD DANCE/MUSIC

431212-01	Tu	6/21-8/23	6-7p	6/10	\$32/\$48
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Ages-16 & Up

431212-02	Tu	6/21-8/23	6:30-7:45p	6/10	\$38/\$57
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JAZZ IV/ CONTEMPORARY

Ages 14 & Up • Prerequisite: Requires advanced dance skills and a strong commitment to dance. Instructor permission required. Explore the movement and expression of contemporary, jazz and modern dance.

LOCATION: LAKEWOOD DANCE/MUSIC

431213-01	W	6/22-8/24	5:30-6:30p	6/10	\$32/\$48
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LINE DANCE

Ages 16 & Up • Learn traditional line dances plus current trends. Class includes 1, 2 and 4-wall dances and circle dances. No partner required.

LOCATION: LAKEWOOD DANCE/MUSIC

431310-01	W	6/22-8/24	10:30a-11:30a	6/10	\$32/\$48
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431310-02	Th	6/23-8/25	7:30-8:30p	6/10	\$32/\$48
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DANCE

Registration begins 05/31

LYRICAL

Ages 16 & Up • Prerequisite: Advanced dance skills and strong commitment. Instructor permission required. Lyrical Dance combines modern technique.

LOCATION: LAKEWOOD DANCE/MUSIC

431410-01	Tu	6/21-8/23	7:45-9p	6/10	\$38/\$57
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SOCIAL DANCE

Ages 16 & Up • Learn the steps to favorites such as the Waltz, Swing, Fox Trot, and Tango. Call (757) 441- 5833 to learn more. Signing up w/a partner encouraged; a partner is not guaranteed. No Class July 4.

LOCATION: LAKEWOOD DANCE/MUSIC

431510-01	M	6/20-8/22	8:30-9:30p	6/10	\$29/\$44
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TAP I

Ages 7-15 • Tap is easy to learn, and a fun, excellent way to exercise and develop a sense of rhythm. No Class Jul 4.

LOCATION: LAKEWOOD DANCE/MUSIC

431610-01	Tu	6/21-8/23	4-5p	6/10	\$32/\$48
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431610-02	Sa	6/25-8/27	10:30-11:30a	6/10	\$32/\$48
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Ages 14 & UP

431610-03	M	6/20-8/22	6:30-7:30p	6/10	\$29/\$44
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TAP II

Ages: 7-15 • Prerequisite: Completion of Tap I or equivalent dance skills. Instructor permission required. Expand on the basics learned in Tap I.

No Class July 4.

LOCATION: LAKEWOOD DANCE/MUSIC

431611-01	Sa	6/25-8/27	11:30-12:30p	6/10	\$32/\$48
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Ages 14& Up

431611-02	M	6/20-8/22	7:30-8:30p	6/10	\$29/\$44
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431611-03	Th	6/23-8/25	11a-12p	6/10	\$32/\$48
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TAP III

Ages 16 & Up • Emphasis on performing. Prerequisite: Minimum of three years of Tap or equivalent. Instructor permission required.

LOCATION: LAKEWOOD DANCE/MUSIC

431612-01	W	6/22-8/24	7-8p	6/10	\$32/\$48
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TAP IV

Age:s 14-18 • Prerequisite: Advanced dance skills and strong commitment. Instructor permission required. Improve technique and knowledge.

LOCATION: LAKEWOOD DANCE/MUSIC

431613-01	Tu	6/21-8/23	5-6p	6/10	\$32/\$48
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FITNESS

30 MINUTES ABS

Ages 15 & Up • Focuson the upper,lower and side abdominal muscles to increase torso strength and reduce lower back strain.

LOCATION: NFWC

440101-01	Tu	6/21-8/23	7-7:30p	6/18	\$13/\$20
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440101-02	W	6/22-8/24	7:30-8p	6/11	\$13/\$20
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440101-03	Th	6/23-8/25	7-7:30p	6/11	\$13/\$20
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AQUA FITNESS

Ages 15 & Up • Water exercise designed to build stringth, flexibility, and cardiovascular fitness, taking advantage of buoyancy and resistance.

LOCATION: NFWC POOL

440201-01	T	h	6/23-8/25	12-1p	6/11	\$25/\$38
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AQUA ZUMBA

Ages 15 & Up • A safe, challenging, water-based workout that is cardio-conditioning, body-toning, and exhilarating. No class July 4.

LOCATION: NFWC POOL

440202-01	M	6/20-8/22	12-1p	6/11	\$25/\$38
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440202-02	F	6/24-8/26	5:30-6:30p	6/11	\$25/\$38
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BOOT CAMP

Ages 15 & Up • Both men and women will find Boot Camp to be a team-oriented challenge with empowering results. No Class July 4.

LOCATION: NFWC

440401-01	M,W	6/20-8/24	6-6:45p	6/11	\$50/\$75
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LOW IMPACT BOOT CAMP

Ages 15 & Up • If you love Boot Camp style classes but need one with minimal joint stress, this class will continue to challenge your body. No Class July 4.

LOCATION: LAKEWOOD DANCE/MUSIC

440402-01	M	6/20-8/22	6:30-7:30p	6/11	\$25/\$38
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GET ON THE BALL

Ages 15 & Up •The stability ball increases joint mobility, flexibility, coordination,

balance and strength. No Class July 4.

LOCATION: CLASS

440501-01	M	6/20-8/22	5:30-6:30p	6/11	\$25/\$38
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LOW IMPACT MIX

Ages 15 & Up • Traditional aerobic workout with minimal joint stress using a mixture of cardiovascular training methods such as tabata, and step.

LOCATION: LAKEWOOD DANCE/MUSIC

440601-01	W	6/22-8/24	9:30-10:30a	6/11	\$25/\$38
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LOCATION: NFWC

440601-02	W	6/22-8/24	5:30-6:30p	6/11	\$25/\$38
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440601-03	Sa	6/25-8/27	9:30-10:30a	6/11	\$25/\$38
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PILATES 1

Ages 15 & Up • Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. Stretch bands provided.

LOCATION: NFWC

440701-01	F	6/24-8/26	7-8p	6/11	\$25/\$38
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PILATES 2

Ages 15 & Up • Prerequisite: Completion Pilates I or equivalent Pilates abilities.

Exercise mat required. Add more challenging elements to your routine. Stretch bands provided.

LOCATION: NFWC

440702-01	W	6/22-8/24	6:30-7:30p	6/11	\$25/\$38
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440702-02	F	6/24-8/26	5-6p	6/11	\$25/\$38
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PILATES, CORE & MORE

Ages 15 & Up • Prerequisite: Completion Pilates® I or equivalent Pilates® abilities.

Traditional Pilates® exercises along with other core and full body functional exercises will get your body strong, lean, toned and flexible. No Class July 4.

LOCATION: NFWC

440703-01	M	6/20-8/22	10-11a	6/11	\$25/\$38
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FITNESS

Registration begins 05/31

STEP AEROBICS

Ages 15 & Up • Cross train with step aerobics. Benches provided.

LOCATION: NFWC

441001-01	Tu	6/21-8/23	6-7p	6/11	\$25/\$38
441001-02	Sa	6/25-8/27	8:30-9:30a	6/11	\$25/\$38

TONING WITH RESISTANCE

Ages 15 & Up • Tone and strengthen major muscle groups using free weights, bands and other methods. Equipment provided.

LOCATION: NFWC

441101-02	W	6/22-8/24	6:30-7:30p	6/11	\$25/\$38
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WARRIOR FITNESS

Ages 15 & Up • This class combines intense strength training with vigorous cardiovascular training. No Class July 4.

LOCATION: NFWC

441201-01	M,W	6/20-8/24	6:45-7:30a	6/11	\$50/\$75
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WOMEN ON WEIGHTS

Ages 15 & Up • In WOW women get a Certified Personal Trainer in a group setting. Encourages confidence and comfort in a gym setting.

LOCATION: NFWC

441301-01	Tu,Th	6/21-8/25	6-7p	6/11	\$50/\$75
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INTRO TO YOGA

Ages 15 & Up • Learn proper breathing and relaxation techniques while performing flexibility exercises and asanas (poses) to enhance posture and increase range of motion. Modifications for those with physical limitations.

LOCATION: NFWC

441401-01	Tu	6/21-8/23	4-5p	6/11	\$25/\$38
441401-02	F	6/24-8/26	6-7p	6/11	\$25/\$38

YOGA 1

Ages 15 & Up • Exercise mat and yoga blocks required. Learn proper breathing and relaxation techniques while performing flexibility exercises and asanas (poses) to enhance posture and increase range of motion. Modifications for those with physical limitations.

LOCATION: NFWC

441402-01	Tu	6/21-8/23	4:30-5:30p	6/11	\$25/\$38
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YOGA 2

Ages 15 & Up • Continue to perform proper breathing and relaxation techniques with more challenging postures. Modifications demonstrated. No Class July 4.

LOCATION: NFWC

441403-01	M	6/20-8/22	6:30-7:30p	6/11	\$25/\$38
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YOGA 3

Ages 15 & Up • Prerequisite: Yoga I and II. Instructor permission required. Continue to perform proper breathing and relaxation techniques with more challenging postures. Exercise mat and yoga blocks required.

LOCATION: NFWC

441404-01	F	6/24-8/26	4-5p	6/11	\$25/\$38
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YOGA WITH FLOW

Ages 15 & Up • Prerequisite: Completion of Intro to Yoga or equivalent yoga basic abilities. Instructor permission required. Exercise mat and yoga required. Continue to perform proper breathing and relaxation techniques with more challenging postures. Modifications demonstrated. No Class July 4.

LOCATION: NFWC

441405-01	M	6/20-8/22	11a-12p	6/11	\$25/\$38
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ZUMBA

Ages 15 & Up • Lose pounds and inches, trim and tone every muscle in your body, and burn more than 700 calories in this party-style workout. No Class July 4.

LOCATION: LAKEWOOD DANCE/MUSIC

441501-01	Th	6/23-8/25	9:30-10:30a	6/11	\$25/\$38
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LOCATION: NFWC

441501-03	M	6/20-8/22	5:30-6:30p	6/11	\$25/\$38
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ZUMBA GOLD

Ages 50 & Up • Zumba Gold is a class designed for the mature active adult population and for those just beginning an exercise program.

LOCATION: LAKEWOOD DANCE/MUSIC

441502-01	Tu	6/21-8/23	9:30-10:30a	6/11	\$25/\$38
441502-02	F	6/24-8/26	10:30-11:30a	6/11	\$25/\$38

ZUMBA MIX

Ages 15 & Up • Latin dance, kickboxing, and martial arts with aerobic exercise to gain flexibility, strength, endurance, and cardiovascular benefits.

LOCATION: LAKEWOOD DANCE/MUSIC

441503-01	F	6/24-8/26	9:30-10:30a	6/11	\$25/\$38
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LOCATION: NFWC

441503-02	Th	6/23-8/25	6-7p	6/11	\$25/\$38
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TAE KWON DO 1

Ages 5 & Up • Develop strength, speed, balance, flexibility and stamina as well as mental and physical discipline.

LOCATION: NFWC

441601-01	Tu,F	7/5-7/29	4:45-5:45p	6/28	\$38/\$57
441601-02	Tu,F	8/2-8/26	4:45-5:45p	7/26	\$38/\$57

TAE KWON DO 2

Ages 5 & Up • Develop strength, speed, balance, flexibility and stamina as well as mental and physical discipline.

LOCATION: NFWC

441602-01	Tu,F	7/5-7/29	5:45-6:45p	6/28	\$38/\$57
441602-02	Tu,F	8/2-8/26	5:45-6:45p	7/26	\$38/\$57

TAE KWON DO 3

Ages 5 & Up • Develop strength, speed, balance, flexibility and stamina as well as mental and physical discipline.

LOCATION: NFWC

441603-01	Tu,F	7/5-7/29	6:45-7:45p	6/28	\$38/\$57
441603-02	Tu,F	8/2-8/26	6:45-7:45p	7/26	\$38/\$57

FUNCTIONAL FITNESS

Ages 15 & Up • Combination of strength training, body weight movements, and cardio to challenge your body.

LOCATION: NFWC

441801-01	Tu	6/21-8/23	6-6:45p	6/11	\$25/\$38
441801-02	Th	6/23-8/25	9-9:45a	6/11	\$25/\$38

CORE AND BALANCE

Ages 15 & Up • Low-impact class that focuses on "core muscles" critical for flexibility and balance.

LOCATION: NFWC

441901-01	Th	6/23-8/25	9-9:45a	6/11	\$25/\$38
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BUTT & GUT ATTACK

Ages 15 & Up • Tone, tighten, and shape your core, glutes, obliques, and lower body. No Class July 4.

LOCATION: NFWC

442001-01	M	6/20-8/22	8-8:45a	6/11	\$25/\$38
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MUSIC

Registration begins 05/31

EXPERIENCE STRINGS

Ages 4-6 • Learn how and why a vibrating string makes music. Experience the banjo, guitar, dulcimer, mandolin, ukulele and violin. An instrument petting zoo and more!

LOCATION: NFWC

450201-01	W	6/22-7/20	11:30a-12p	6/10	\$16/\$24
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MUSICAL STORY TIME

Ages 3-5 • Learn songs that tell stories words that rhyme. Write and perform our own original story-song! Parent of 3yo must attend.

LOCATION: NFWC

450202-01	W	6/22-7/20	9:30-10a	6/10	\$16/\$24
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SINGING, CLAPPING & COUNTING

Ages 3-5 • Learn rhythm basics, enjoy traditional folk and popular songs and get introduced to percussion instruments. Parent of 3yo must attend.

LOCATION: NFWC

450203-01	W	6/22-7/20	10-10:30a	6/10	\$16/\$24
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SINGING SCHOLARS

Ages 3-5 • Sing along with guitar-player Amy Ferebee Learn songs that teach the alphabet, counting, shapes and rhyming. Parent of 3yo must attend.

LOCATION: NFWC

450204-01	W	6/22-7/20	10:30-11a	6/10	\$16/\$24
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UKULELE FOR LITTLE ONES

Ages 4-6 • Learn your first ukelele (provided for class) chords and songs!

LOCATION: NFWC

450205-01	W	6/22-7/20	12-12:30p	6/10	\$16/\$24
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BEGINNER GUITAR

Ages 7-10; 11 & Up • Equipment: Acoustic or electric guitar. Learn basic beginner guitar skills, play your first tunes! Materials cost approximately \$11. No class July 4.

LOCATION: NFWC (Room 312); Ages 7-10

450301-01	W	6/22-8/24	5:30-6p	6/10	\$32/\$48
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LOCATION: NFWC (Room 312); Ages 11 & Up

450301-03	M	6/20-8/22	11a-12p	6/10	\$33/\$50
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450301-04	W	6/22-8/24	6-7p	6/10	\$37/\$56
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GUITAR: ADVANCED BEGINNER I

Ages 8-12 • Prerequisite: Must know 3 of the 5 basic chord shapes (AED), where they are on the first 3 strings, able to switch from chord to chord. A focus on completing the book. Materials cost spproximately \$11. Equipment: Acoustic or electric guitar.

LOCATION: NFWC (Room 312)

450302-01	Th	6/23-8/25	5:30-6p	6/10	\$32/\$48
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GUITAR: ADV BEG II

Ages 8-12 • Prerequisite: Completion of at least one session of Advanced Beginner Guitar I. Instructor's permission required. Equipment: Acoustic or electric guitar. Build on concepts and learn new chords. Materials cost approximately \$11.

LOCATION: NFWC (Room 312)

450303-01	Th	6/23-8/25	6-6:30p	6/10	\$32/\$48
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GUITAR: INTERMEDIATE I

Ages 11 & Up • Prerequisite: Must know the 5 basic chord shapes (CAGED) in first position and know the notes on all 6 strings in first position. Instructor's permission required. Equipment: Acoustic or electric guitar. Review beginner guitar concepts and learn more difficult chords and rhythms. Materials cost approximately \$11.

LOCATION: NFWC (Room 312)

450306-01	W	6/22-8/24	7-8p	6/10	\$37/\$56
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PIANO: BEGINNER

Ages 7-11; 12 & Up • Materials cost approximately \$13. A list of required materials is provided by instructor at first class. No class July 4.

LOCATION: NFWC (Room 310); Ages 7-11

450501-01	W	6/22-8/24	4:30-5p	6/10	\$32/\$48
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450501-02	W	6/22-8/24	5-5:30p	6/10	\$32/\$48
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450501-03	Th	6/23-8/25	6-6:30p	6/10	\$32/\$48
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LOCATION: NFWC (Room 310); Ages 12 & Up

450501-04	M	6/20-8/22	12-1p	6/10	\$33/\$50
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450501-05	W	6/22-8/24	6:30-7:30p	6/10	\$37/\$56
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PIANO: YOUTH GREEN PRIMER LEVEL

Ages 7-11 • Prerequisite: Students must have completed one session of Youth Beginner Piano. Materials cost approximately \$13.

LOCATION: NFWC (Room 310)

450502-01	Th	6/23-8/25	5:30-6p	6/10	\$32/\$48
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BLUE/RED BOOK/LEVELS I & II

Ages 7-13; 12 & Up • Prerequisite: Completion of Green Primer Level or equivalent. Instructor permission required. Materials cost approximately \$13. No class July 4.

LOCATION: NFWC (Room 310); Ages 7-13

450503-01	Th	6/23-8/25	6:30-7p	6/10	\$32/\$48
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LOCATION: NFWC (Room 310); Ages 12 & Up

450503-03	M	6/20-8/22	11a-12p	6/10	\$33/\$50
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450503-04	W	6/22-8/24	5:30-6:30p	6/10	\$37/\$56
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STRINGS: INTERMEDIATE

Ages 11 & Up • Prerequisite: 2 years plus playing violin, viola, or cello. Popular and classical music teaches bowing, scales, syncopation, shifting and group playing skills.

LOCATION: LAKEWOOD DANCE/MUSIC

450603-01	Th	6/23-8/25	7-8p	6/10	\$37/\$56
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UKULELE: BEGINNER

Ages 9 & Up • Learn to tune your ukulele and play some very simple, well known songs using easy chords, the types of ukuleles and its history. Learn the music alphabet, and what chords and scales are. Note reading not required. No class July 4.

LOCATION: NFWC (Room 312)

450701-01	M	6/20-8/22	10:30-11a	6/10	\$29/\$44
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LOCATION: NFWC (Room 312)

450701-02	Tu	6/21-8/23	6-6:30p	6/10	\$32/\$48
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UKULELE: BEYOND BEGINNER

Ages 9 & Up • Build on your ukelele foundation. Review the learning points of Beginner Ukelele and go to the next level. Learn fun, slightly challenging songs in jazz, blues, country, pop, country, classical, and Americana.

LOCATION: NFWC (Room 312)

450702-01	Tu	6/21-8/23	6:30-7p	6/10	\$32/\$48
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VOICE: MY FIRST VOICE CLASS

Ages 4-6 • Do-re-mi! Learn basic vocal fundamentals to include breath control, solfege syllables (do, re, mi, etc) and rhythms while singing age appropriate songs.

LOCATION: LAKEWOOD DANCE/MUSIC

450801-01	W	6/22-7/6	5:30-6:30p	6/10	\$11/\$17
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VOICE: YOUTH

Ages 7-10 • Do-re-mi! Learn basic vocal fundamentals to include breath control, solfege syllables (do, re, mi, etc) and rhythms while singing age appropriate music.

LOCATION: LAKEWOOD DANCE/MUSIC

450802-01	W	6/22-7/6	6:30-7:30p	6/10	\$11/\$17
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VOICE: VARIETY

Ages 11 & Up • Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Enjoy a variety of music while learning to sing. No class July 4.

LOCATION: LAKEWOOD DANCE/MUSIC

450804-01	M	6/20-7/25	4-5p	6/10	\$19/\$29
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MUSIC

Registration begins 05/31

MUSIC THEATER CAMP

Ages 7-12 • No experience necessary. Students who play an instrument can bring their instrument - call 441-5833 to incorporate it into the script. Participants will perform "Let's go to the Kennedy Center" - an original production honoring Kennedy Center Honorees such as George Lucas (Star Wars), Ray Charles, Billy Joel and many more! Wear tennis shoes and bring a lunch, drinks and 2 snacks daily.

Camp hours are 9:00a-4:00p. Before Camp Care (451001-02, 8:45a drop off) and/or After Camp Care (451001-03) available.

LOCATION: LAKEWOOD DANCE/MUSIC

451001-01	M-F	8/8-8/12	10a-4p	7/8	\$110/\$165
451001-02	M-F	8/8-8/12	9-10a	7/8	\$19/\$29
451001-03	M-F	8/8-8/12	4-5:30p	7/8	\$28/\$42

PRIVATE MUSIC INSTRUCTION

Available for Norfolk Residents only ages 7 & up

REGISTRATION DEADLINE: June 10

Private lessons available at any level for piano, voice, guitar (acoustic and electric), bass guitar, strings (violin, viola, cello), woodwinds, banjo, mandolin, harmonica and lap dulcimer (mountain dulcimer). Lessons held at Lakewood Dance & Music Center and the Norfolk Fitness & Wellness Center. Courses meet ten times and cost \$110. Monday courses meet 9 times, cost is \$99. Five-week courses for piano, voice and strings cost \$55. No class July 4

Mondays	6/20-8/22 (Monday, 5-week course, 6/20-7/25)
Tuesdays:	6/21-8/23
Wednesdays:	6/22-8/24
Thursdays:	6/23-8/25
Fridays:	6/24-7/22 (5-week course only):

RECREATIONAL SPORTS

YOUTH FOOTBALL

Coaches Meeting: TBD

Registration: July 1 - August 17

Team registration deadline: August 5

1st player registration: August 17

Final player registration: September 7

Season starts: August 20

Cost: Varies by association

ADULT SOFTBALL

Coaches Meeting: TBD

Registration: July 5 - August 5

Season: August 19 - November 4

Cost: \$400 per team

TO PARTICIPATE

- Must be a Norfolk resident.
- Must meet age and weight requirements (if applicable)
- Child may only play on one sports team per season.
- Must possess a current Athletic I.D. card (costs \$5/child and are valid for one year.)

Registration takes place at the Lakewood Athletic Office Monday - Friday during office hours. In order for youth to play in the first game, they must be registered by the "1st player registration" date. Call (757) 441-5834/35 for information.

TEAM NORFOLK BOXING (BARRAUD PARK)

2500 Barraud Avenue • Norfolk, VA 23504 Office: (757) 441-2787/2326

Join Team Norfolk! Become a champion!!

Participants must be Norfolk residents and must possess a current Athletic I.D. Card issued by the City of Norfolk. Athletic I.D. Participants involved in competition must pay a \$50 annual registration fee to USA Boxing.

Contact (757) 441-2326 or 2787.

Barraud Park Boxing Center Hours

Monday - Thursday	Fridays	Sat & Sun Closed
1:00 - 4:00 p.m.	10:00 a.m. - 4:00 p.m.	
Ages 8-16 4:30 - 6:00 p.m.	8-16 Closed	
17-Adults 6:00 - 8:00 p.m.	17-Adults 6:30p - 8:30p	



NORTHSIDE SKATE PLAZA

8401 Tidewater Drive

Norfolk 23518

Open daily, sunrise to sunset.

FREE!

This is a "skate at your own risk" park. The park is manned during peak hours (varies based on season). Special events are posted on the display board at the skate plaza.

TECHNOLOGY

Stop by your local resource center for homework and computer assistance. Online tutorials can help you learn Microsoft Office applications such as Word, Excel, and Power Point. At Campostella Heights Computer Resource Center, you'll find additional classes, like Couponing, Budgeting, Resume Writing, and more! All services are free for Norfolk residents. Call for additional details. *Note the below summer hours are effective June 26 through August 26.*

CAMPOSTELLA HEIGHTS CRC

1714 Mt. Vernon Avenue • 757-543-0876

Mon - Fri: 10:00a - 7:00p

DIGGSTOWN CRC

1401 Melon Street • 757-227-9915

Resrved for Boys' & Girls' Club

OAKLEAF HEIGHTS CRC

1704 Greenleaf Drive • 757-494-3298

Closed for the summer

SENIORS

Registration begins 05/31

Senior adults can take any adult course listed in Good Times. However, senior adult courses are only available to individuals ages 55 or better, unless otherwise noted. Age has its privileges!

NOTE: Senior Club event calendars are available at each club location. See page 3 for facility addresses and phone numbers.

NORFOLK SENIOR CLUBS

Meeting locations, days and times at a glance.

LOCATIONS	DAYS	DATES	TIMES
Bayview Recreation Center	F	year round	9a-3p
East Ocean View Community Center	Th	Sep-May	10a-3p
Huntersville Recreation Center	Tu	Sep-May	11a-1p
Ingleside Recreation Center	W	year round	10a-12p
Norview Community Center	W	Sep-May	11a-2P
Sherwood Forest Community Center	Th	Sep-May	10a-1P
Tarrallton Recreation Center	F	year round	11a-1P
Titustown Recreation Center	Tu/Th	year round	10a-2P
Young Terrace Community Center	Tu/W	year round	10a-2P

SOUTHSIDE SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
Tu	6/7	Golden Corral - Lunch Trip	10:00a
M	6/13-17	Father's Day Tribute Week	11:00a
Tu	6/14	Did You Know - Workshop	3:00p
F	6/17	Father's Fun Day	11:00a
Tu	6/21	Sports Hall of Fame - Field Trip	9:30a
F	7/1	Independence Around the World	11:00a
Th	7/7	Peach Picking - Field Trip	10:00a
F	7/15	Book Club Live!	11:00a
Th	7/21	Kroc Center & Cafe Tour - Field Trip	10:00a
Tu	7/26	Triad Meeting at NFWC	1:00p
F	7/29	Birthday Bash!	1:00p
Th	8/4	Ferry Boat Ride at Waterside	10:00a
F	8/12	Book Club Live!	11:00a
F	8/19	Picnic in the Park	10:00a
Tu	Ongoing	Mancave Tuesday	3:00p
F	Ongoing	SSSC Bus Trips (1st & 3rd)	9:30a
W	Ongoing	Computer Tutoring	10:00a
Th	Ongoing	Film Festival	4:00p
W	Ongoing	Cardio Club	4:00p
F	Ongoing	Birthday Bash! (4th)	12:30p

CERAMICS

Learn techniques and develop skills in decorating and glazing ceramics. Students must purchase their own supplies. Call (757) 664-6484 for the supply list.

Southside SC Th, 6/23-8/25 10:30a \$35

OCEAN VIEW SENIOR CENTER EVENTS

Day	Date	Event/Topic	Time
Tu	6/7	Crafts: foot-stool	11:30a
F	6/10	Bicycle Club & Picnic	9:00a
Tu	6/14	SPCA: Adopt A Dog	12:30p
Th	6/23	Magazine Scavenger Hunt	10:30a
F	6/24	Bike Club	9:00a
Th	7/7	Independence Day Picnic	10:30a
Th	7/14	Virginia Zoo Field Trip	9:30a
Tu	7/19	Outdoor Scavenger Hunt	10:00a
F	7/22	Bike Club-Virginia State Park	9:00a
F	7/20	Ocean Breeze Water Park Field Trip	9:00a
Th	8/4	Scrap Book Class	10:30a
F	8/19	Bike Club - Moutn Trashmore	9:00a
Tu	8/23	Financial Wellness Seminar	12:30p
Tu	Ongoing	Line Dancing	10:15a
Tu	Ongoing	Nifty Knitters	10:30a
Tu-Th	Ongoing	Billards	10:00a
Tu-Th	Ongoing	Senior Exercise	11:00a
W	Ongoing	60+ Club Meeting	11:00a
Th	Ongoing	Tidewater Quilters Guild	9:30a
Th	Ongoing	Table Tennis	10:00a
F	Ongoing	Senior Bridge Club	10:00a

YOUNG TERRACE SENIOR PROGRAM EVENTS

Day	Date	Event/Topic	Time
Tu	6/7	Summer Fun Bingo Blast!	10:00a
W	6/8	Computer Lab	11:00a
Tu	6/14	Line Dancing	10:00a
W	6/15	Computer Lab	11:00a
Tu	6/21	Crafts	10:00a
W	6/22	Computer Lab	11:00a
Tu	6/28	Games, Games, Games	10:00a
W	6/29	Computer Lab	11:00a

SENIOR SOCIAL BOWLING CLUB

\$8.25 includes three games plus shoe rental. Cash or checks accepted.

AMF Bowling Lanes M, Ongoing 9:30a - 1:00p

PING PONG CLUB - FREE!

Huntersville, Titustown, Young Terrace	
Tu, Ongoing	6/7-8/30 11:00a
Norview/Ingleside	
W, Ongoing	6/8-8/31 11:00a
East Ocean View, Sherwood Forrest, Titustown	
Th, Ongoing	6/9-8/25 10:00a
Tarrallton/Bayview	
F, Ongoing	6/10-8/26 10:00a

TEENS WITH A PURPOSE

Join Teens With a Purpose (TWP) for free events at the Vivian C. Mason (VCM) Teen Center. Teens With a Purpose is a peer-led leadership organization that supports youth so they can grow into competent, healthy people and develop to their fullest potential. For more information call (757) 747-2679 or visit www.TWPTheMovement.org

EVENINGS @ VCM TEEN CENTER

The Gathering

Mondays from 5:30 p.m- 8:00 p.m • Ages 12-19

Make new friends, develop your talents, become a leader. Join TWP each Monday.

Participants receive incentives for volunteerism and community edutainment.

HEAR THIS POETRY CAMP

June 27 - July 8, 9:30 a.m. - 4:00 p.m.

Rising 7th-12th graders can develop lpoetry and rap skills, delivering their own voices creatively and thoughtfully. Enjoy other acitivities such as cycling, boating, and more.

CAMP INSPIRED

July 25 - August 5, 8:30 a.m. - 4:00 p.m.

Rising 7th-12th graders can develop leadship skills at this free, teen-led camp that includes field trips, workshops (art, poetry and music), cycling, boating, and more.

NORFOLK PUBLIC ART PROJECT

August 8-18

Create a beautiful visual art project with Norfolk's Office of Cultural Affairs.

BUSCH GARDENS FIELD TRIP

August 18, 8:00 a.m. - 8:00 p.m..

Join a fun filled day at a popular local attraction - fees apply.

THERAPEUTIC RECREATION

Registration begins 05/31

SPECIAL EVENTS (Call 441-1764 for more info.)

POOLSIDE PARTY

Ages 18 & Up • Enjoy fun activities and games, swim at your leisure, and enjoy a delicious meal by the pool!

LOCATION: NFWC

476610-01	Sa	7/9	5-7p	7/1	\$20/\$20
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FIELD DAY COOKOUT

Ages 13 & Up • It's an end of the summer party! Play outdoor games and take fun photos. Additional activities will include a water balloon toss and building your own ice cream sundae. Lunch will be cookout style and a bathing suit/towel is optional.

LOCATION: THERAPEUTIC REC CTR

476611-01	Sa	8/27	12-2p	8/19	\$20/\$20
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CHILDREN & TEEN PROGRAMS

CHILLIN' AT THE POOL

Ages 6-19 • Bask in the summer sun while playing with friends in a refreshing outdoor pool. We will enjoy group games as well as some chill time after a long hot summer day. Swimming suits are required. No class Jul 4.

LOCATION: NFWC

476612-01	M	6/20-8/29	5-5:50p	6/13	\$15/\$23
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BANG IT UP

Ages 6-19 • Learn to use chimes, rhythm sticks, maracas and more to every type of music you can imagine! Percussion instruments provided.

LOCATION: THERAPEUTIC REC CTR

476615-01	Tu	6/21-8/23	4-4:50p	6/14	\$15/\$23
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ALLEY CATS

Ages 6-19 • Head to the AMF Norfolk Lanes for bowling fun! Learn the basic rules of bowling. Adaptive equipment is available if needed. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF NORFOLK LANES

476613-01	Tu	6/21-8/23	5:15-6:30p	6/14	\$15/\$23
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BEGINNER TEEN GUITAR

Ages 13-19 • Equipment: Participant must bring an acoustic guitar and a few picks. Learn simple chords to play familiar tunes.

LOCATION: THERAPEUTIC REC CTR

476614-01	W	6/22-8/24	4-4:50p	6/15	\$15/\$23
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ALL ABOUT NAILS

Ages 13-19 • Broaden your manicure horizons with different colors and designs. Discuss basic nail care and maintenance. \$10 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

476633-01	W	7/27-8/24	4-4:50p	7/20	\$25/\$38
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FUNTASTIC VOYAGES

Ages 6-12 • Prerequisite: To ensure success in this structured environment, the child must have participated in at least one session of a Therapeutic Recreation Program to register for summer camp. Meet new friends, hang out with old ones, and take trips around Hampton Roads. Enjoy local beaches, state parks, games, movies, and much more. Bring a bag lunch and drink each day. \$150 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR

476621-01	W-F	6/22-7/15	9a-4p	6/15	\$270/\$405
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TEEN TRAVELS

Ages 13-19 • Learn new and exciting leisure activities with outdoor activities like hiking, fishing, kayaking and canoeing during visits to beaches and state parks. Play more fun and games like mini golf, laser tag, watching movies, and playing Nintendo Wii®. Bring a bag lunch and drink each day. \$150 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR

476622-01	W-F	7/20-8/12	9a-4p	7/13	\$270/\$405
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OLDER TEEN & ADULT PROGRAMS

AQUATICS

AQUA LEVEL I

Ages 18 & Up • Prerequisite: Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required. Water is the perfect medium for physical rehabilitation. Increase mobility and range of motion during this gentle water workout.

LOCATION: NORTHSIDE POOL

476623-01	F	6/24-8/26	9-9:45a	6/17	\$15/\$23
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AQUA LEVEL II

Ages 18 & Up • Prerequisite: Proficiency in Aquacise I course or equivalent ability level. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required. Increase mobility and range of motion during this moderate level water workout. Participants can expect a warm up, cardio workout, and cool down.

LOCATION: NORTHSIDE POOL

476624-01	W	6/22-8/24	9-9:45a	6/15	\$15/\$23
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AQUA LEVEL III

Ages 18 & Up • Prerequisite: Must be able to engage in aerobic exercise for minimum of 30 minutes. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4'-6' deep without assistance. Swimming suits are required. This class will combine high-intensity cardio exercises and plyometric power moves. Increase mobility and muscle tone during this shallow and deep water workout. No class Jul 4, Aug 22.

LOCATION: NORTHSIDE POOL

476625-01	M	6/20-9/5	9-9:45a	6/13	\$15/\$23
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ARTS & CRAFTS

CATCH ALL CRAFTS

Ages 18 & Up • Explore your artsy side with a variety of crafts including painting, drawing, slumping, and pottery. Bring your ideas to the first class. \$20 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

476626-01	W	6/22-8/24	1-2:30p	6/15	\$35/\$53
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OUTDOOR CANVAS PAINTING - NEW!

Ages 18 & Up • Get those creative juices flowing on six outdoor painting adventures! We will be canvas painting at outside locations near the TRC. Please wear clothing that can get stained. \$20 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

476627-01	F	7/22-8/26	10a-12p	7/15	\$35/\$53
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ATHLETICS & RECREATIONAL SPORTS

SPARES & STRIKES

Ages 18 & Up • Head to the AMF Norfolk Lanes for bowling fun! Learn the basics rules of bowling while meeting new people and having fun. Adapted equipment is available if needed. Bring \$3 each week (cash only). Shoe rental is included. No class Jul 4, Aug 22.

LOCATION: AMF NORFOLK LANES

476628-01	M	6/20-9/5	12-1:30p	6/13	\$15/\$23
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SUMMER GAMES - NEW!

Ages 18 & Up • Let's get outside and play! Players will learn strategies and rules to a variety of outdoor games. Wear tennis shoes and clothes that allow for ease of movement.

LOCATION: THERAPEUTIC REC CTR

476629-01	F	6/24-7/15	9:30-10:30a	6/17	\$15/\$23
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THERAPEUTIC RECREATION

Registration begins 05/31

TRAILBLAZERS

Ages 18 & Up • Lace up your hiking boots and get ready to explore the scenic side of the Seven Cities! Trailblazers will explore a different hiking trail each class - located all around Hampton Roads (may walk up to 5 miles). Please dress appropriately for the weather, as well as wear closed toed shoes.

LOCATION: THERAPEUTIC REC CTR

476630-01	W	6/22-7/6	9a-1p	6/15	\$10/\$15
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CULINARY

COOKING

Ages 18 & Up • Come learn to cook light and fresh meals for the summertime. Learn how to incorporate fresh fruits and veggies of the season in your meal. Taste what you make afterward. \$25 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

476631-01	Th	7/28-8/25	10-11:30a	7/21	\$40/\$60
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FITNESS & HEALTH

ADVANCED MEDITATION

Ages 18 & Up • Deep-breathing meditation will be practiced for 40 minutes using different types of meditative music & sounds to enhance learning, memory, and emotional control. Focus on quieting the mind and body while increasing one's ability to focus. Class is designed for both participants and parents/caregivers.

LOCATION: THERAPEUTIC REC CTR

476632-01	Tu	6/21-8/23	7:30-8:10p	6/14	\$15/\$23
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ALL ABOUT NAILS

Ages 18 & Up • Broaden your manicure horizons by experimenting with different colors and designs. Discuss basic nail care and maintenance. \$10 nonrefundable supply fee included.

LOCATION: THERAPEUTIC REC CTR

476633-01	W	7/27-8/24	4-4:50p	7/20	\$25/\$38
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BOOT CAMP

Ages 18 & Up • Getting fit can be one of the best parts of your day! Classes will consist of a warm-up, strength training, cardio, and cool-down. This class is designed to make you sweat. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC REC CTR

476634-01	F	6/24-8/26	2-3p	6/17	\$15/\$23
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CHAIR EXERCISE

Ages 18 & Up • Perform low to moderate exercises to strengthen muscle, increase flexibility and range of motion and much more right from your chair. Bring a water bottle and towel. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC REC CTR

476635-01	Tu	6/21-8/23	3-3:50p	6/14	\$15/\$23
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FIT/FUN AT THE GYM

Ages 18 & Up • Increase your fitness awareness by participating in workouts at the gym. Learn how to use various machines such as treadmills and ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring a gym bag with the proper attire to change into as well as a small towel and water.

LOCATION: THERAPEUTIC REC CTR

476636-01	Th	6/23-8/25	1-2:30p	6/16	\$15/\$23
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NUTRITION FOR LIFE

Ages 18 & Up • A dietary/lifestyle coach will come to your home and guide you through nutrition and exercise routines where you will learn to manage your weight and improve your overall health through preparing homemade meals. Includes three, two-hour classes. Caregiver/guardian is highly recommended to attend. \$50 nonrefundable supply fee is included. Note: dates and times will be arranged between participant and instructor.

LOCATION: THERAPEUTIC REC CTR

476640-01	TBD	TBD	TBD	6/13	\$60/\$90
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OUTDOOR EXERCISE - NEW!

Ages 18 & Up • Workout in the fresh air! Exercises will be completed primarily in shaded areas including weights, standing exercises, and fitness games. In inclement weather or extremely hot days, exercise will take place inside. Wear clothing appropriate for warm temperatures and ease of movement as well as a bottle of water. Tennis shoes are required.

LOCATION: THERAPEUTIC REC CTR

476641-01	Tu	6/21-8/23	11-11:45a	6/14	\$15/\$23
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STRETCH AWAY

Ages 18 & Up • Stretch away tension while improving muscle tone and cardiovascular health. Cool down after each class by enjoying healthy, freshly-prepared juice and discuss the health benefits of exercise. Wear tennis shoes and clothing that allows for ease of movement. \$20 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

476642-01	Tu	6/21-8/23	6-7:20p	6/14	\$35/\$53
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WAIST AWAY

Ages 18 & Up • Learn how to become healthier through exercise and proper eating. Participate in group exercise, learn how to make healthy meals, and enjoy healthy dinners with peers. \$20 nonrefundable supply fee is included. *Mark your calendar course meets 6/23, 7/7, 7/21, 8/4, 8/18.

LOCATION: THERAPEUTIC REC CTR

476643-01	Th	6/23-8/18	6:30-8p	6/16	\$35/\$53
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WALK AWAY THE POUNDS - NEW!

Ages 18 & Up • Are you looking for a "lighter" workout? Take a walk with us around the neighborhood and enjoy the fresh air. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC REC CTR

476644-01	F	6/24-8/26	3-3:45p	6/17	\$15/\$23
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ZUMBA

Ages 18 & Up • Join the Zumba® wave! Wear your funky colored fitness clothes in this Latin inspired workout to burn hundreds of calories and work up a healthy sweat. Closed toe shoes are mandatory, tennis shoes are preferred. No class Jul 4.

LOCATION: THERAPEUTIC REC CTR

476645-01	M	6/20-8/29	1-2p	6/13	\$15/\$23
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LITERARY SKILLS

DEVELOPMENTAL READING

Ages 18 & Up • Improve your reading skills using a developmental reading series. Participants that have basic reading skills and want to improve proficiency are encouraged to sign up for this course. Participants need to be assessed for reading prior to signing up for class. Call TRC for more information.

LOCATION: THERAPEUTIC REC CTR

476646-01	Tu	6/21-8/23	4-4:50p	6/14	\$15/\$23
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READERS IN MOTION - NEW!

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Expand your mind and imagination by enjoying a good book with TRC friends. We will read aloud together and allow readers to discuss the book in a calm environment as we travel to desirable reading sites around Norfolk. Please notify staff at registration which of the following three books you would like to read: The Outsiders, To Kill a Mockingbird, or The Great Gatsby. The most voted book will be the one we read and a copy will be given out at the first class. \$15 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

476647-01	W	6/22-8/24	10a-12p	6/15	\$30/\$45
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THERAPEUTIC RECREATION

Registration begins 05/31

MUSIC & DANCE

BEGINNER GUITAR

Ages 18 & Up • Equipment: Participant must bring an acoustic guitar and a few picks. Learn simple chords to play familiar tunes.

LOCATION: THERAPEUTIC REC CTR

476650-01	Th	6/23-8/25	5:30-6:15p	6/16	\$15/\$23
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BLAST FROM THE PAST 

Ages 18 & Up • Enjoy hearing music from the 50's, 60's, 70's, and 80's. Learn some of the most popular dance moves of each decade such as the jive, the twist, the mashed potato, the swim, the bump, the funky chicken, YMCA, the robot, the sprinkler just to name a few. Wear shoes and clothing that allow for ease of movement.

LOCATION: THERAPEUTIC REC CTR

476651-01	Th	6/23-8/25	4-4:50p	6/16	\$15/\$23
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COUNTRY WESTERN LINE DANCE 

Ages 18 & Up • Learn both traditional and current trends in line dancing while having fun socializing with your peers! Wear clothing that allows for ease of movement.

LOCATION: THERAPEUTIC REC CTR

476652-01	Th	6/23-8/25	10-10:50a	6/16	\$15/\$23
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PERFORMING ARTS

ALL THAT DRAMA

Ages 18 & Up • Gain awareness of both body and voice expression. Read skits and poetry. Learn to sing, dance, do improvisation, mime, character play, and more!

LOCATION: THERAPEUTIC REC CTR

476653-01	Tu	6/21-8/23	10-10:50a	6/14	\$15/\$23
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FOREVER YOUNG

Ages 18 & Up • Where words fail, music speaks. Singers, musicians, and poets come showcase your artistic talents while enjoying a beverage and healthy snack. Sing karaoke, perform some music, read a poem, original or a classic-all things that keep you forever young. \$20 nonrefundable supply fee is included.

LOCATION: THERAPEUTIC REC CTR

476660-01	Tu	6/21-8/23	5-5:50p	6/14	\$35/\$53
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TRIPS & OUTINGS

AMERICAN ROVER SUNSET CRUISE - NEW!

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Set sail aboard the beautiful American Rover Sailboat for a cruise around the harbor. Guests will have the opportunity to assist with raising the sails, take a turn at the helm or just relax and enjoy the experience. Bring a bag dinner with you to enjoy at Town Point Park prior to the cruise. Bring extra cash for snacks, drinks, and/or souvenirs. \$27 nonrefundable trip fee is included. Trip fee includes sailing admission.

LOCATION: THERAPEUTIC REC CTR

476669-01	W	7/27	5-10p	7/20	\$32/\$48
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BUSCH GARDENS

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Attention, parents or guardians: Please escort the participant into the TR Center at drop-off to get updates about the program. Dress for the weather. Participants must bring: I.D. and current seasons pass or an estimated \$36 cash to purchase discounted day pass, an additional \$25 for food and drinks. \$15 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR

476690-01	Sa	7/16, 8/13	10:30a-8p	7/8	\$22/\$33
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COMMODORE THEATRE- NEW!

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Enjoy a movie in style at the Portsmouth Commodore Theatre. Movie choices will be announced one to two weeks prior to the trip. Please bring money for food and beverages during the movie. \$12 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR

476691-01	W	8/17	1-5p	8/10	\$17/\$26
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GONE FISHIN'

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Come aboard the Judith Ann Head Boat for a fun-filled day with Chesapeake Bay's finest fishing! Wear appropriate clothes and shoes for the weather. Bring a bag lunch to enjoy. \$35 nonrefundable trip fee is included. Trip fee includes admission, rods, reels, bait, tackle, ice, buckets, and fishing license for the day.

LOCATION: THERAPEUTIC REC CTR

476692-01	Tu	8/23	9a-2:30p	8/16	\$40/\$60
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KAYAK BUMS - NEW!

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Travel to our local beach and paddle out in the water using kayaks! We will be staying close to shore and taking frequent breaks to soak up the sun on the beach. Bring a bag lunch, plenty to drink, sunscreen, bathing suit, towel, and other beach gear. \$5 nonrefundable trip fee is included.

LOCATION: THERAPEUTIC REC CTR

476693-01	Th	6/23-7/7	10a-1p	6/16	\$15/\$23
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OCEAN BREEZE

Ages 18 & Up • Transportation: provided from TRC to event site only. Cool off at Ocean Breeze Water Park! Race down 16 water slides, splash into "Run Away Bay" wave pool, and relax on the new Adventure River! Bring sunscreen, a beach towel, and wear your swimsuit. \$42 nonrefundable trip fee is included. Trip fee includes admission into Ocean Breeze Water Park and lunch.

LOCATION: THERAPEUTIC REC CTR

476694-01	W	8/24	9:30a-2:30p	8/17	\$47/\$71
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OUT TO THE MOVIES

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Enjoy five evenings out to a movie theatre with friends. Participants should bring \$25 per outing to cover their cost for ticket and concessions. \$30 nonrefundable trip fee is included.

*Mark your calendar course meets 6/30, 7/14, 7/28, 8/11, 8/25.

LOCATION: THERAPEUTIC REC CTR

476695-01	Th	6/30-8/25	9:30a-1p	6/23	\$45/\$68
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SUMMER PLAYS - NEW!

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Travel with us as we head over to the Roper and Perry Theaters to see the Hurrah Players perform on two Friday evenings this summer. They will present All Shook Up and Fancy Nancy. \$45 nonrefundable trip fee is included. Trip fee includes admission to both plays.

LOCATION: THERAPEUTIC REC CTR

476696-01	F	7/29, 8/19	6-10p	7/22	\$52/\$78
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VIRGINIA AQUARIUM

Ages 18 & Up • Transportation: Provided from the TRC to event site only. Come spend the day at the Virginia Aquarium seeing crocodiles, stingrays, sharks, and more! Pack a bag lunch or bring \$15 to purchase lunch in the Aquarium Cafe. \$25 nonrefundable trip fee is included. Trip fee includes admission to the museum.

LOCATION: THERAPEUTIC REC CTR

476697-01	W	7/27	9a-1p	7/20	\$30/\$45
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VIRGINIA LIVING MUSEUM - NEW!

Ages 18 & Up • Transportation: provided from TRC to event site only. Enjoy the day at the local Virginia Living Museum. Pack a bag lunch or purchase lunch at the museum. \$16 nonrefundable trip fee is included. Trip fee includes admission to the museum and the new dinosaur exhibit.

LOCATION: THERAPEUTIC REC CTR

476698-01	W	7/20	9a-1p	7/13	\$21/\$32
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VISUAL ARTS

Registration begins 05/31

ART EXPLORATIONS

Ages 4-7 • Explore a variety of wonderful art materials and art making methods. Each project will introduce and combine different elements from the foundations of art. Imaginations will soar as we explore drawing, painting, and sculpting. Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

480108-01	M	7/18-8/1	4:30-5:30p	7/11	\$30/\$45
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UNDER THE CANOPY

Ages 4-7 • Discover the Amazon Rainforest, and a world full of unexpected plants and creatures! Exercise your drawing and painting skills while taking a peek under the rainforest canopy. Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

480109-01	W	8/10-8/24	4:30-5:30p	8/3	\$30/\$45
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DRAWING: CARTOONING

Ages 8-17 • Cartoons speak to children in a language they love--- fun and laughter! Learn to see, and draw by studying your favorite characters. Use lines and basic shapes as a foundation to develop your drawings. Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

480201-01	Tu	6/21-8/9	4:30-5:30p	6/10	\$35/\$53
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DRAWING: PRIVATE DRAWING

Ages 8-17 • Break away from the crowd and spend time drawing one on one! Explore the fundamentals of drawing including perspective, line and shading. Instructed by Shara Wertz. No Class Jul 15.

LOCATION: VISUAL ARTS CTR

480202-01	F	7/1-8/5	1-1:45p	6/10	\$75/\$113
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POTTERY ON THE WHEEL

Ages 8-17 • New students will focus on centering and foundational forms, such as cylinders and bowls, in addition to glazing. Returning students will learn to alter cylindrical forms and as students advance further handles, lids, plates and new types of decoration will be introduced. All students will learn to practice appropriate use of tools, glazes and studio safety. Instructed by Shara Wertz. No Class Jul 4.

LOCATION: VISUAL ARTS CTR

480502-01	M	6/20-8/15	6-8:30p	6/10	\$50/\$75
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480502-02	Th	6/23-8/11	10a-12:30p	6/10	\$50/\$75
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TEEN CLAY WORKS POTTERY

Ages 12-17 • Clay is an inviting material, it can be rolled, flattened, and manipulated to create exciting ceramic pieces. Dig in and explore variety of artistic possibilities with hand-built and wheel thrown clay projects. Instructed by: Shara Wertz

LOCATION: VISUAL ARTS CTR

480505-01	W	6/29-8/17	6-8p	6/22	\$45/\$68
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PRIVATE POTTERY ON THE WHEEL

Ages 8-17 • Beginners will receive personalized instruction while focusing on the basic skills necessary to center and throw cylinders and bowls. Students progressing beyond basic skills may use this opportunity to experiment with more advanced forms, explore specific interests or concentrate on intricate projects that require more focused study. Clay and tools will be provided for classroom use. Glazes and firing will also be included. All students will learn to practice appropriate use of tools, glazes and studio safety. Instructed by: Shara Wertz

LOCATION: VISUAL ARTS CTR

480506-01	F	6/24-7/22	1-3p	6/10	\$100/\$150
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DRAWING/ALL LEVELS

Ages 18 & Up • Learning to draw means learning to see! Use classic exercises to help you learn to draw faces, figures, animals and objects. Break down the hurdles to your success in drawing! Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

480701-01	Th	6/23-8/11	6:30-8:30p	6/10	\$50/\$75
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DRAWING & PAINTING

Ages 18 & Up • Explore drawing concepts as a springboard into painting. Students may bring their choice of painting media, including acrylic and oil paints. Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

480703-01	W	6/22-8/24	10a-12p	6/10	\$50/\$75
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MOSAICS

Ages 18 & Up • Go ahead and break something! Mosaic art is simply the process of adhering tile, glass, broken crockery, pebbles etc. to any smooth wooden surface. Mosaic designs may be used to decorate wooden frames, small table tops, pre-poured stepping stones, bird baths, tiles and sculpture! Instructed by Patricia Isenhour

LOCATION: VISUAL ARTS CTR

480901-01	Th	6/23-8/11	10a-12:30p	6/10	\$50/\$75
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PAINTING: ACRYLIC

Ages 18 & Up • Enjoy independent exploration of acrylic painting techniques with instructional guidance. Build new skills in all aspects of painting on canvas while participating in both individual and group projects. Previous painting experience required. Instructed by Beverly Furman

LOCATION: VISUAL ARTS CTR

481001-01	Th	6/23-8/25	1-3p	6/10	\$50/\$75
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PAINTING: OIL

Ages 18 & Up • Dive into the rich, irresistible texture of oil paint and experience its unmistakable depth and vibrancy. Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

481002-01	M	6/20-8/22	6:30-8:30p	6/10	\$40/\$60
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481002-04	Th	6/23-8/25	10a-12p	6/10	\$40/\$60
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PAINTING: ORIENTAL BRUSH

Ages 18 & Up • Bring nature to life, express the essence of a painting with the beauty and grace of simple brush strokes. Instructed by Joan Grosch.

LOCATION: VISUAL ARTS CTR

481003-01	W	6/22-7/20	10:30a-12:30p	6/10	\$23/\$35
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PAINTING: INDEPENDENT STUDIO

Ages 18 & Up • Enjoy studio time outside of the classroom to paint and study independently. Students may work in the medium of their choice. Painting experience and the ability to work without instruction is required.

LOCATION: VISUAL ARTS CTR

481004-01	Tu	6/21-8/23	1-3p	6/10	\$25/\$38
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PAINTING ACRYLIC: BEGINNER

Ages 18 & Up • If you have always wanted to try painting this is the ideal class for you. Get started by learning about acrylic paints, materials and the basic concepts of painting. Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

481005-01	Tu	6/21-8/23	10a-12p	6/10	\$50/\$75
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PHOTOGRAPHY

Ages 18 & Up • Develop black & white photos in a darkroom designed for 35mm processing. Instructed by Lenore Teevan.

LOCATION: VISUAL ARTS CTR

481101-01	W	6/22-8/10	6-8:30p	6/10	\$125/\$188
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DARKROOM INDEPENDENT STUDIO

Ages 18 & Up • Fellow photographers-need a little independent studio time in the darkroom? ...Enjoy! - Must have completed one course of black and white photography at the Visual Arts Center.

LOCATION: VIVIAN C. MASON

481103-01	Sa	6/25-8/13	10a-12p	6/10	\$125/\$188
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VISUAL ARTS

Registration begins 05/31

POTTERY: HANDBUILDING

Ages 18 & Up • Delve into an exciting variety of hand building techniques. Instructed by Patricia Isenhour

LOCATION: VISUAL ARTS CTR

481201-01	W	6/22-8/24	10a-12p	6/10	\$45/\$68
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POTTERY ON THE WHEEL: BEGINNER

Ages 18 & Up • Learn how to center, throw and glaze as well as how to use equipment properly and safely. Instructed by Ann Ruel

LOCATION: VISUAL ARTS CTR

481203-03	W	6/22-8/24	1-3p	6/10	\$50/\$75
481203-02	W	6/22-8/24	10a-12p	6/10	\$50/\$75

POTTERY ON THE WHEEL: INTERMED

Ages 18 & Up • Prerequisite: Completion of the introductory course or equivalent skill level. Must have experience centering clay and throwing forms to include cylinders and bowls. Explore the mystery of the ancient craft of throwing clay on the potter's wheel. Expand your skills in centering, form and glazing. Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

481204-01	Tu	6/21-8/23	10a-12p	6/10	\$50/\$75
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POTTERY ON THE WHEEL: ADVANCED

Ages 18 & Up • Prerequisite: Completion of the intermediate course or equivalent skill level. Instructor permission required. Contact Titustown Visual Arts Center prior to registration to ensure you are approved for this class. We reserve the right to remove students from this class who did not obtain instructor permission. Develop new skills while focusing on simplicity of form, balance and proportion. Use color and design to complement your work. Focus on simplicity of form, balance and proportion.

LOCATION: VISUAL ARTS CTR

481205-01	F	6/24-8/26	10a-12p	6/10	\$50/\$75
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POTTERY INDEPENDENT STUDIO

Ages 18 & Up • Open Studio/Pottery on the Wheel is offered specifically to participants who have completed an instructional Pottery on the Wheel class from our Visual Arts program. This class is for those individuals who enjoy independent studio without guidance from an instructor. Glazing dates are 7/14, 8/4 & 8/25.

LOCATION: VISUAL ARTS CTR

481206-01	Th	6/23-8/25	6:30-8:30p	6/10	\$50/\$75
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CERAMICS

Ages 18 & Up • Learn techniques and develop skills in decorating and glazing ceramics. Gain knowledge about all aspects of this art including greenware, bisque, underglazes, glazes, overglazes, stains and techniques such as washing, antiquing, drybrushing, etc. Students must purchase their own supplies including greenware, glazes, brushes, etc. Instructed by Alberta Taylor

LOCATION: TITUSTOWN REC CTR

482001-01	Tu	6/21-8/23	10a-12p	6/10	\$50/\$75
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QUILTING

Ages 18 & Up • Hand or machine piecing and quilting. Learn to cut, piece, sew and bind a quilt. Start with a block, make a pillow or continue to a first sampler lap quilt. Explore design, composition and color. Instructed by Harris Gosselin No Class Jul 4.

LOCATION: VISUAL ARTS CTR

481301-01	M	6/20-8/29	10a-12p	6/10	\$30/\$45
481301-02	Tu	6/21-8/23	6:30-8:30p	6/10	\$30/\$45
481301-03	Th	6/23-8/25	10a-12p	6/10	\$30/\$45
481301-04	Th	6/23-8/25	6:30-8:30p	6/10	\$30/\$45

SILVER JEWELRY

Ages 18 & Up • Students of all levels work independently with the guidance of teaching staff to develop individual designs while learning to saw, file, solder and polish metal. Beginning students should be able to bezel set a stone by the completion of this session. Advancing students will refine skills and learn additional

techniques. Instructed by: Barbara & Fred Mason

LOCATION: VISUAL ARTS CTR

481401-01	Tu	6/21-8/23	10a-12p	6/10	\$55/\$83
481401-02	Tu	6/21-8/23	6:30-8:30p	6/10	\$55/\$83
481401-03	Sa	6/25-8/13	10a-12:30p	6/10	\$55/\$83

STAINED GLASS: BEGINNER'S

Ages 18 & Up • Explore light and color in this introduction to the art of stained glass! Beginning projects teach glass-cutting, copper foil technique, lead coming technique and soldering. Instructed by Robert Peterson.

LOCATION: VISUAL ARTS CTR

481501-01	W	6/22-8/10	6:30-9p	6/10	\$55/\$83
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STAINED GLASS: INTERMEDIATE & ADVANCED

Ages 18 & Up • two separate classes, one shared night! Intermediate participants must complete Beginning Stained Glass, & advanced participants must complete the Intermediate class. Intermediate students build and refine skills in cutting, foiling, lead coming, and soldering to construct a flat panel lamp. Advanced students construct a Tiffany-style lamp or project of choice. Instructed by Robert Peterson. No Class Jul 4.

LOCATION: VISUAL ARTS CTR

481502-01	M	6/20-8/15	6:30-9p	6/10	\$55/\$83
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WORKSHOPS

A DANDY WORKSHOP

Ages 3-5 • NEW! Preschool Art! A DANDY WORKSHOP for ages 3-5. Come paint on a large canvas! Big Brushes, little brushes, handprints, drips and many many giggles. An exploration of primary colors, texture, basic and bold brush strokes and shapes... all turning into an abstract painting. Space is limited! Instructed by Leigh Babcock

LOCATION: VISUAL ARTS CTR

481600-01	Sa	8/6	10a-12p	7/30	\$35/\$53
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WORKSHOP/COLLAGES & BEESWAX

Ages 18 & Up • COLLAGE & BEESWAX! Create a multi-media collage by placing photographs, text and three-dimensional objects between layers of beeswax. Bring along any scrapbooking supplies, tissue papers, favorite poems, favorite quotes, old keys, buttons, found objects, musical notes, old photographs-the possibilities are endless! Instructed by: Leigh Babcock

LOCATION: VISUAL ARTS CTR

481601-01	Sa	8/13	10a-1p	7/29	\$35/\$53
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KID'S WORKSHOP/SUMMER SUNFLOWERS

Ages 8-17 • Summer, sunshine and sunflowers! Paint and celebrate the perfect summer flower while getting acquainted with artist, Vincent Van Gogh, and his bold and richly colored paintings! Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

481610-01	Sa	7/9	10a-12p	7/1	\$35/\$53
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WORKSHOP/ HOT GLASS!

Ages 18 & Up • Glass Fusing is back by popular demand! Learn how to pair beautiful colored glass together to fuse into one of a kind artworks. Class size is limited. Hurry before space fills up! Instructed by Robert Peterson.

LOCATION: VISUAL ARTS CTR

481631-01	F	7/15	10a-1p	7/8	\$35/\$53
481631-02	F	8/5	10a-1p	7/29	\$35/\$53

WORKSHOP/BASIC ANATOMY

Ages 18 & Up • Anatomy simplified for artists who are struggling to handle the human figure. Learn basic forms of human anatomy, proportion, and a good approach to drawing people. Instructed by Thomas Murphy.

LOCATION: VISUAL ARTS CTR

481633-01	Sa	7/9-7/23	10a-1p	7/1	\$35/\$53
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WORKSHOPS

Registration begins 05/31

WORKSHOP/ STRETCHING CANVAS

Ages 18 & Up • Take matters into your own hands! Stretch and prepare your own canvas for painting. An instructional demonstration and assistance provided for artists interested in saving money and having more control over the quality of their supplies. Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

481634-01 Sa 8/13 10a-1p 8/5 \$35/\$53

WORKSHOP/HANDBUILT TEAPOT

Ages 18 & Up • Make an irresistibly charming teapot. Use a mold cleverly designed of unexpected materials, to create a teapot form. Instructed by Ann Ruel No Class Jul 23.

LOCATION: VISUAL ARTS CTR

481635-01 Sa 7/16-7/30 10a-1p 7/8 \$35/\$53

WORKSHOP/TWISTED JELLY ROLL QUILT

Ages 18 & Up • Learn to take a simple 40-count Jelly Roll and turn it into a 54"x62" quilt top. Bring your machine. Instructed by Harris Gosselin. No class Aug 13.

LOCATION: VISUAL ARTS CTR

481636-01 Sa 8/6-8/20 10a-1p 8/12 \$35/\$53

ART CAMP

Ages 8-17 • Join us for a week long exploration of art from around the world! Each summer camp features different projects to inspire creative art making. Dive in and enjoy drawing, painting and sculpting. Instructed by: Shara Wertz

LOCATION: VISUAL ARTS CTR

481801-01 M-F 7/11-7/15 1-4p 7/5 \$65/\$98

481801-02 M-F 8/8-8/12 1-4p 8/1 \$65/\$98

SPECIAL EVENTS

MAY IS NORFOLK BIKE MONTH

Join events like community rides and bike rodeos held monthlongthroughout the city.

Sunday, May 1 - Healthy Norfolk Community Ride in Ocean View

Sunday, May 1 - Elizabeth Trail Sunset Ride

Sunday, May 15 - Community Ride & Kids Bike Rodeo

Friday, May 20 - Bike to Work Day

Friday, May 20 - Glow Ride in NEON

Saturday, May 21 - Tarrallton Bike Rodeo

Sunday, May 22 - Ghent Bike Loop Demo Ride

Friday, May 27 - Bike Month Food Truck Rodeo

And that's not all! Visit NorfolkBikeMonth.com for details.

GATHERING MOMENTS ART EXHIBIT

June 1 thru July 30

M-F 10:00 a.m. - 4:00 p.m.; Sa 10:00 a.m. - 1:00 p.m.

Paul Street Gallery: 7545 Diven Street

Enjoy a moment in time, seen through the eyes of local artists. Free and open to the public. Call (757) 441-1227 for details.

VOLUNTEER FOR CLEAN THE BAY DAY

Saturday June 4, 9:00 a.m. - 12:00 p.m.

East Ocean View Recreation Center

Join more than 140,000 volunteers along the East Coast who help clean and protect our shores and waterways. Fun for the whole family! Call (757) 441-5834 to register.

SPRING MUSIC RECITAL

Sunday, June 5, 2:00 p.m.

Norfolk Masonic Temple: 7100 Granby Street

Cost: \$5 per person, can be purchased at the door Call (757) 441-5833 for details.

UNDERSTANDING HABITAT ECOLOGY NATURE WALK - FREE!

10:00 a.m. - 12:00 p.m.

Saturday June 18 @ Lakewood Park

Saturday, July 2 @ Northside Park

Saturday, August 20 @ Lafayette Park

Join Norfolk's Park Rangers for a casual walk to learn about habitat ecology, identify trees and plants, spot birds and other animals, and more. Register at (757) 441-5834

Spring Music Recital

Sunday, June 5, 2:00 p.m.

Norfolk Masonic Temple: 7100 Granby Street

Cost: \$5 per person. Can be purchased at the door. Call (757) 441-5833 for details.

ANNUAL LAKEWOOD DANCE RECITAL

Wednesday, June 8, 6:00 p.m.

Harrison Opera House: 160 E. Virginia Beach Blvd.

Cost: \$10 per person. Tickets sold at The Scope Box Office and at ticketmaster.com.

RPOS "SENIORS" BBQ AT THE PARK

Friday, June 24, 11:00 a.m. - 1:00 p.m.

Lakewood Park

Cost: \$7 per person, for those 55+. Includes BBQ lunch, music, dancing, games and more. Tickets available thru June 17 at both Ocean View and Southside Senior Centers. Call (757) 664-6460 for more information.

TWP COMMUNITY BLOCK PARTY

Thursday, June 30 & July 28, 5:30-7:30 p.m.

Vivian C. Mason Center

Take a shot on the community open mic, enjoy outdoor movies, food, games and more! Call (757) 747-2679 for more information.

FISHING DAY FOR KIDS - FREE!

Saturday, July 23, 10:00 a.m. - 4:00 p.m.

East Ocean View Community Center

Bring your rod/reel, tackle, bait, sunscreen and snacks and drop your line with our new Park Rangers! Participants will learn about fish and how to fish from a pier. For kids 15 and under.

PREDATORS OF THE BAY - FREE!

Sunday, July 31, 9:00 - 10:00 a.m.

Community Beach

Walk the shoreline and learn about the adaptations that make up the Bay's hunters. Open to residents of all ages. (Please no strollers.) Call (757) 441-5834 for details.

SENIOR WOMEN'S CONFERENCE

Friday, August 12, 10:00 a.m.

Ocean View Senior Center

A variety of wellness education speakers will provide information on topics ranging from health and fitness to financial planning. \$5/person. Lunch is included. Registration required.

S'MORES GALORE- FREE!

Tuesday, August 30, 7:00 - 8:30 p.m.

East Ocean View Community Center

Celebrate Toasted Marshmallow Day - make your own s'mores, learn to build a fire and about fire safety, and join in campfire stories. Call (757) 441-5834 to register.

HOW TO REGISTER

Registration begins 05/31

- Registration is available at Norfolk.gov/Play and in person. Full payment must be made at time of registration.
- Courses are filled on a first-come, first-served basis.
- Payment is accepted by check or money order made payable to Norfolk City Treasurer. Post-dated, starter or counter checks not accepted. Name and address must be pre-printed on check. Current photo I.D. required. (A \$35 service fee for each returned check.)
- Registrations may be accepted after registration deadline if space is available. A \$5 late fee will apply. No registrations accepted after a course has begun.

WHEN TO REGISTER

Norfolk Residents • Tuesday, May 31 at 10:00 a.m.

Therapeutic Recreation • Registration begins Tuesday, May 31, promptly at 9:30a by lottery registration process. Lottery tickets distributed from 9:00a-9:30a. . Arrive no earlier than 8:30a.

Non-Residents • Tuesday, June 7 at 10:00 a.m.

GUIDE TO COURSE LISTINGS

Activity #	Day	Dates	Time	Reg. by	Resident/Non-resident fee
123456-01	M	6/21-8/22	6:00-8:00p	6/14	\$50/\$75

ADDITIONAL INFO:

- Attendance is important. If a student misses a class, RPOS will try and accommodate a make up session in a class of equal value and skill level; however no make-up classes are guaranteed.
- If a course is cancelled by RPOS, a full refund will be issued.
- Class sessions may occasionally be cancelled due to unexpected circumstances. Every attempt will be made to contact participants and to schedule a make-up session for the class. Please ensure your contact information is current with your instructor.

Please note this registration information is not all-inclusive. A complete version of the registration policies and procedures can be found at Norfolk.gov/play.

Questions? Contact RPOS at:
757-441-2400 (Admin Office)
Norfolk.gov/Play

ONLINE REGISTRATION INSTRUCTIONS

1. Visit Norfolk.gov/Play
2. Click the "Online Registration Tab"
3. Login & start shopping!

MEET THE RPOS COMMISSION

The RPOS Commission serves in an advisory capacity to the RPOS Director. Appointed by City Council, the commission serves as Council's eyes and ears in the community, determining the recreation needs and desires of citizens. Contact the commission at RPOS@Norfolk.gov.



Michael S. O'Hearn
Retired Capt. US Navy
Chair



Virginia Alberts



George H. Curtis, IV



David Dearborn



Gregg Mottinger



Stephen Powell



Debra Rocke

REGISTRATION

ONLINE REGISTRATION IS EASY! SEE P19.

CLASS REGISTRATION FORM

Please print and fill out completely.

Participant Name (or Parent/Guardian if participant under 18) _____

Address, City, State, Zip Code _____

Phone Numbers (Day) _____ (Evening) _____ E-mail Address _____

PARTICIPANT LAST + FIRST NAME	BIRTH DATE MM/DD/YYYY	SEX	ACTIVITY NUMBER	ACTIVITY NAME	SITE	DAY/TIME	TOTAL FEE

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, call (757) 441-1764 prior to registration.

Total Amount Due \$ _____
No cash accepted.

Only check or money orders accepted, made payable to Norfolk City Treasurer.

Form of payment: _____ Check _____ Money Order
Check/Money Order # _____

Emergency Contact Name: _____ Phone Number: _____ Relationship: _____

Medical Treatment Permission & Acknowledgment of Risks: In consideration of my participation in the activity provided by and through the City of Norfolk Department of Recreation, Parks & Open Space (RPOS), I, for myself or on behalf of the participant who I represent, authorize City of Norfolk employees to take and provide all necessary medical attention should I, or the participant who I represent, be injured while participating or being transported to or from any RPOS-sponsored activity. I have read the policies pertaining to cancellations, refunds, rules and regulations as they pertain to this activity. I acknowledge the risks and responsibilities involved in these activities, and assume the risks and responsibilities involved in these activities. I assume these risks realizing the capabilities of the person(s) participating. I have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance.

Signature of participant _____

Signature of parent/guardian (if participant under 18) _____

Date _____

Photo Permission Release Agreement: OPTIONAL. I understand that I, or the participant who I represent, may be photographed and/or videotaped while participating in this activity. I agree to allow the City of Norfolk Department of Recreation, Parks & Open Space to use said photographs and/or videotapes in Department publications, media campaigns, and/or for educational and safety training purposes. I further waive any compensation for publishing and/or printing such photographs. I understand that by affixing my signature on this form, I attest to having read, fully understand and agree to the conditions as set forth above.

Signature of participant _____

Signature of parent/guardian (if participant under 18) _____

Date _____

WHERE DO I REGISTER?

COURSE CATEGORY	COURSE LOCATION	REGISTER AT:	PHONE#	ADDRESS
Aquatics	Huntersville Indoor Pool	Huntersville Indoor Pool	(757) 664-7431	830 Goff St.
Aquatics	NFWC Indoor Pool	NFWC Indoor Pool	(757) 823-4306	7300 Newport Ave.
Aquatics	Northside Indoor Pool	Northside Indoor Pool	(757) 441-1760	8401 Tidewater Dr.
Aquatics	Southside Aquatic Center	Southside Aquatic Center	(757) 333-3281	1750 Campostella Rd.
Arts & crafts	Any Site Listed	Titustown Visual Arts Center	(757) 441-1227	7545 Diven St.
Dance	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Fitness	Any Site Listed	NFWC	(757) 823-4301	7300 Newport Ave.
Music	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Seniors	Any Site Listed	Ocean View Senior Center or Southside Senior Center	(757) 441-1767 (757) 664-6484	600 E. Ocean View Ave. 925 S. Main St.
Martial Arts	NFWC	NFWC	(757) 823-4301	7300 Newport Ave.
Technology	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Therapeutic Recreation	Any Site Listed	Therapeutic Recreation Center	(757) 441-1764	180 E. Evans St.